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## A Review on Tagaradi Taila and Its Medicinal Properties

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### ABSTRACT:

Ayurvedic pharmaceuticals describes a wide range of medicated oil formulations (*Taila Kalpana*) prepared by processing herbal drugs in lipid media, which enhance drug absorption and therapeutic efficacy, particularly for external applications. These medicated oils are extensively utilized in managing disorders involving pain, inflammation, and musculoskeletal dysfunction. *Tagaradi Taila* is a classical polyherbal medicated oil formulation frequently indicated in *Vata-Kapha* dominant conditions characterized by *Shotha* (inflammation), *Vedana* (pain), and *Shoola* (swelling). The formulation comprises medicinal herbs such as *Tagara* (*Valeriana wallichii*), *Agaru* (*Aquilaria agallocha*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*), *Devadaru* (*Cedrus deodara*), and *Priyangu* (*Callicarpa macrophylla*), which collectively exhibit *Shothahara*, *Vedanahara*, *Vedanasthapana*, and *Vishaghna* properties. Predominance of *Ushna Virya* along with *Tikta* and *Katu Rasa* attributes enables the formulation to pacify aggravated *Vata* and *Kapha Doshas*, thereby alleviating inflammatory and painful conditions.

### KEYWORDS:

Tagaradi Taila, Shalya Tantra, Taila Kalpana, Medicinal properties

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**INTRODUCTION:**

In Indian traditional medicine, preparation of medicated oils by combining herbal drugs with Sneha Dravyas is a well-established pharmaceutical practice. Such oleaginous preparations are described in classical Ayurvedic texts and are widely used for external application due to their ability to penetrate deeper tissues and provide sustained therapeutic action. Shalya Tantra frequently encounters conditions characterized by pain, inflammation, and stiffness, particularly in wound management and post-operative care. Tagaradi Taila is a classical medicated oil described for conditions dominated by Vata and Kapha Dosha. The drugs incorporated in this formulation predominantly possess Ushna Virya, Tikta and Katu Rasa, which are effective in reducing Shotha and Vedana<sup>4,5</sup>. Hence, Tagaradi Taila holds significant therapeutic relevance in Shalya Tantra practice.

**Aims And Objectives**

To discuss, evaluate, and elaborate the medicinal properties of Tagaradi Taila based on Ayurvedic principles and classical references.

**Materials And Methods**

Information related to Tagaradi Taila was collected from classical Ayurvedic texts, Dravyaguna Vijnana literature, and standard reference books. Ayurvedic pharmacological parameters such as Rasa, Guna, Virya, Vipaka, and Dosha Karma of individual ingredients were reviewed and analyzed.

**Review Of Tagaradi Taila**

Tagaradi Taila is indicated in conditions associated with pain, inflammation, and swelling. The formulation exhibits Shothahara, Vedanahara, and Vishaghna properties, which support its use in external application for inflammatory and painful conditions encountered in Shalya Tantra.

**Table 1: Ingredients of Tagaradi Taila**

Drug	Botanical Name	Rasa	Guna	Virya	Vipaka	Dosha Karma
Tagara	<i>Valeriana wallichii</i>	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	Kapha-Vata Shamaka
Agaru	<i>Aquilaria agallocha</i>	Tikta, Katu	Laghu	Ushna	Katu	Vata-Kapha Hara
Haridra	<i>Curcuma longa</i>	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Vata Shamaka
Daruharidra	<i>Berberis aristata</i>	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Pitta Hara
Devadaru	<i>Cedrus deodara</i>	Tikta, Katu	Laghu, Snigdha	Ushna	Katu	Kapha-Vata Shamaka
Priyangu	<i>Callicarpa macrophylla</i>	Tikta, Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Tridosha Shamaka

**1. Method of Preparation**

Murchhita Tila Taila is heated over mild fire. Kalka prepared from the above-mentioned drugs is added along with the prescribed

quantity of water. Heating is continued until Taila Siddhi Lakshana are observed. The oil is then filtered and stored for therapeutic use.



## 2. Medicinal Uses of Tagaradi Taila

- Painful inflammatory conditions
- Localized swelling and stiffness
- External application in wound care
- Vata–Kapha dominant disorders

### DISCUSSION:

Tagaradi Taila is formulated with drugs predominantly exhibiting Tikta and Katu Rasa, Ushna Virya, and Laghu Ruksha Guna, which are therapeutically effective in Vata Kapha dominant conditions<sup>6,7</sup>. In Shalya Tantra, inflammatory swellings, pain, stiffness, and delayed wound healing are frequently encountered, particularly in post operative wounds and chronic inflammatory disorders<sup>4</sup>. The pharmacodynamic profile of Tagaradi Taila supports its traditional indication in such clinical conditions<sup>8</sup>.

Tagara (*Valeriana wallichii*) is known for its Vedanahara and Shothahara properties. Haridra and Daruharidra possess antimicrobial and wound cleansing actions, which are essential in preventing secondary infection and promoting healthy granulation. Devadaru and Agaru contribute anti edematous and tissue protective effects, while Priyangu supports tissue stabilization due to its Kashaya Rasa<sup>9</sup>. Tila Taila, being Sukshma, Vyavayi, and Vikasi, enhances penetration of active principles and ensures sustained local action<sup>10,11,12</sup>. The synergistic action of the ingredients and lipid medium justifies the therapeutic utility of Tagaradi Taila. However, limited experimental and clinical data indicate the need for further systematic research.

### CONCLUSION:

Tagaradi Taila is a classical Ayurvedic medicated oil with significant therapeutic relevance in the management of pain, inflammation, and Vata Kapha predominant disorders. Its composition includes drugs with Shothahara, Vedanahara, Vishaghna, and Ropana properties, making it particularly suitable for external application in Shalya

Tantra. The Ayurvedic pharmacological attributes such as Tikta Katu Rasa, Ushna Virya, and Laghu Ruksha Guna collectively contribute to the reduction of swelling, pain, and stiffness.

The Taila base enhances drug penetration and prolongs local action, supporting its use in chronic and recurrent conditions. Despite strong classical support, there is a need for well-designed experimental and clinical studies to validate efficacy, safety, and standardize therapeutic protocols<sup>13, 14, 15</sup>. In conclusion, Tagaradi Taila remains a promising classical formulation with considerable scope in Shalya Tantra, warranting further evidence-based exploration.

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